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A

H. Stopes
Jan 6. 1889.

P R E S E N T

F O R

W O M E N

Addicted to

D R I N K I N G .

ADAPTED TO

All the different STATIONS of Life, from a
LADY of QUALITY to a COMMON SERVANT.



L O N D O N :

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P R E F A C E.

THE prodigious Progress made by this Vice of Female Drinking, within these few years, is so incontestibly notorious, that the Propriety and Usefulness of the Treatise cannot be disputed. As to the Manner in which it is treated, the Reader will perceive that we have steadily adhered to rational and moral Principles, delivered in a plain and perspicuous Stile, and illustrated as Occasion offered by Facts and Characters.

It is therefore hoped that this Work may not only be properly put into the Hands of such as are already affected with, or have betrayed a strong Inclination to this pernicious Custom; but that it may be of general Use in Families to Persons of all the different Degrees that compose them, and so prove a proper and effectual Remedy for this epidemic Evil.

Where it may not be altogether so convenient to recommend the Perusal of such a Piece as this, from the Peevishness or Perverseness of the Patient's Temper; it may be found expedient to read it by way of Entertainment, as a new and singular Pamphlet, leaving the Application of it wholly to themselves. Or a Method may be found of dropping it in a Closet, or a Toilet, for the Perusal of those who may stand in need of such Admonitions.

Another Use that may be made of it, is sending it under a Cover, either in Country or Town, accompanied with a proper Letter to recommend and enforce what is therein laid down; and indeed something of this kind has been long wanted for such a Purpose, because verbal Exhortations are frequently impracticable, and always disagreeable.

I submit it to the Consideration of such as have large Families, whether it may be a proper Present for the Servants; as also whether it may not be very fitly distributed in Hospitals, Alms-Houses, Infirmarys, and other charitable Foundations. Several other Expedients for its Circulation might be mentioned, but that the general Usefulness of this Treatise seems to render it unnecessary. I shall therefore conclude, by wishing the Author's Pains well bestowed; and that the Fair-Sex may afford his Labours, for their Service, such a Reception as they deserve.

The EDITOR.

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LADIES.





LADIES,



AM inclined to use the Freedom of addressing you in this Manner, from the sincere Opinion I have of your natural good Sense, and general Propensity to whatever is right in itself, and consequently laudable in the Sight of the World. I have always thought, as I believe every generous, candid, and intelligent Man does, that you are the most valuable Part of our Species, and that to you we stand indebted for whatever makes our Passage through this Life comfortable or pleasant. It is from a strong Sense of this, and a thorough and warm Persuasion that you are never wanting either to yourselves or to us, but from the Effects of our own Vices and ill Management, that I venture to lay before you my Sentiments of a prevailing Mischief, too fruitful of ill Consequences to be longer borne with, as well as too notorious to be denied at present.

If Things were not in this Situation, an Application of this kind would be unpardonable ;

but, as it is, I presume you will think it more allowable to state the Matter freely and fairly, with a constant Observance however of all the Rules of Decency and Good-Manners which are indispensably necessary when one of our Sex takes upon him to reason with yours, than to let it rest as it is. Silence is of all others the greatest Fault, where speaking is the only Means of producing a right Understanding, and procuring the Redress of a Grievance, equally fatal to all Parties. For under such Circumstances, to suppress one's Sentiments is to treat People as if they were either below our Regard, or that all Hopes of reclaiming them were lost, and of course all Expostulations thrown away, which I am satisfied is not the Case yet, and I ardently hope it never may.

You must be sensible from your Acquaintance with the World, that there are in it a Set of Men too numerous as well as noisy, who are prone to run down your Sex, to heighten all your Failings, to exaggerate all your Foibles, and to treat you as a Race of Beings infinitely below themselves. I assure you I am none of these; on the contrary, I am as jealous of your Honour and Prerogative as you can be yourselves; and it is upon this Principle solely that I pretend to ground all my Observations. I desire, therefore, that you would consider me as a Friend, grieved to the Heart, as every true Friend must be, when he hears you expos'd, and run down in a Manner altogether unfair, unjust, and repugnant to the Peace of Society, and that Regard, which, from the Laws of Nature, and the Rules of right Reason, we certainly



ly owe you. It is this that engages me to throw together, in as short a Compass as I can, the Reflections I have made on this common and growing Vice, which you cannot but be sensible is the reigning Topic upon which your Enemies constantly and vehemently declaim.

There cannot, I must confess, be any Subject conceived more nice or delicate than this which I have undertaken to handle; and nothing could have induced me to hazard the small Reputation I have acquired by writing, but the Obligation I think myself under to do you all the Service I can; and my being perfectly satisfied that your good Nature will determine you to receive, what Respect to your Interest and to the Truth constrains me to say, with that Candour and Benevolence with which it is delivered. If I was not absolutely convinc'd of this, I could never bring myself to tell you what it is necessary you should be told: But when I consider the Expediency of the Thing, and that true Sense which your Sex generally have of cordial Friendship, I flatter myself, that both those who are untainted with this epidemic Madness, and such as are barely touch'd therewith, rather through Custom and Compliance, than any Inclination of their own to so dangerous a Practice, will not only forgive the Freedom I have taken, but think themselves obliged to me for the Pains I have been at, in bringing what so nearly concerns them immediately under their View; and therefore without spending more Time in unnecessary Compliments, I will proceed to the Business.

One Thing however I must premise, that in the first Part of my Performance, I lay down Things methodically, and in a Manner suitable to their Nature ; that you, Ladies, may be convinc'd, and have an absolute Certainty of what I propound to your Consideration, and be thence fix'd in a serious Resolution to make use of your Understandings in examining the remaining Part of my Epistle, and especially the Instances it contains, with the utmost Strictness ; for this will reconcile you effectually to my way of Writing, and the Advice I presume to offer in the Conclusion, will appear the more rational, and make the greater Impression.

I say, then, that as there never was any Complaint more general than that of the Corruption of the present Age, so never was any Complaint better founded. We never saw, in the History of another Nation, any Account of such a Degeneracy in Manners, as is visible amongst ourselves, where all Ranks, all Degrees of People, seem involved under this Character ; so that all other Distinctions are lost, except in the Degrees of their Vices. It may appear to be a very singular Attempt, should I offer, as a universal Remedy in this deplorable Situation, the Extirpation of a single Vice : In all Probability I should be looked on as a Quack in Morality, as those are generally esteemed who recommend Specifics in Physic. But be that as it will, as I have long studied the Case, and as I think I am thoroughly Master both of the Cause and Cure, I will submit my Opinion to the Consideration of the Public, by declaring freely that

I take the pernicious Custom of Drinking, which prevails amongst Women at present, to be the great Source of that Corruption and Degeneracy, which all the World must allow to be the Subject of a just and general Censure.

In the first Place, give me Leave to observe, that the Practice of Drinking enervates the Body, and destroys the Faculties of the Mind. I believe I may safely affirm, that if a Person skill'd in Physic was to sit down and consider the shortest and most effectual Method of destroying Health and Life, without making an open Attack upon either, Drinking, especially drinking Spirituous Liquors, would be the Method he must think on. For whoever is acquainted with the human Oeconomy, must know, that whatever contributes to promote an unnatural Heat, must be, to all Intents and Purposes, a slow Poison; the Use of which, continued for any Length of Time, must so ruin and destroy the human Frame, as to put it almost out of the Power, not of Physic only, but of Temperance, to restore it. The Habit of Drinking, as we every Day observe, entirely alters the Constitution, and at last brings it to such a pass, that the Evil becomes necessary, the very Nature of a hard Drinker being so entirely changed by that pernicious Practice, as to become more a-kin to that of a Salamander, than of a human Creature, by deriving its Strength and Nourishment, not from simple and wholesome Nourishment, but from Fire and Flame.

In regard to the Faculties of the Mind, it is evident that nothing disorders them so much as
Drinking.

Drinking. It produces immediately a temporary Madness; which Madness differs in Nature and Degree, according to the Liquors by which it is produced; that occasion'd by the Use of Spirits being by far the worst. In others, the Patient is fullen, sleepy, or extravagantly gay; but in this they are bold, obstinate, and filled with an extravagant Desire of doing Mischief. This may be easily accounted for, if we consider, that it is the spirituous Parts only of other Liquors that cause Drunkenness, which cannot therefore rise to such a Height, when involv'd and mix'd with Phlegm, as when pour'd down pure and unallayed, nay, rectify'd and exalted, to render them still the more stimulating, that is, still the more poisonous and destructive. So that strictly speaking, and without any Metaphor, we may say that Dram-drinking is the most expeditious Way to deprive Mankind of their Reason, and this too in the highest Degree, by substituting a temporary, and in time a constant Frenzy in its stead.

One might safely say, that if the Effects of Drinking were only those which are evidently produc'd by it, and which discover themselves in that sort of Madness which we call Drunkenness, it would be a harmless Thing in comparison of what we find it; for by increasing the animal Heat, and at the same time diminishing our natural Moisture, both which it really does, brings on a premature old Age, as well as a sudden and total Decay of the Senses, which, I suppose, is chiefly occasion'd first by a great Waste of the Animal Spirits in repeated Fits of Drunkenness, and next by its ruin-
ing

ing the Constitution to such a Degree, as to deprive it of all Capacity of repairing that Waste of Spirits, which brings on Fits, Vapours, Hysterics, and all that Train of Diseases, of which Experience informs us all these Sort of People complain. On the whole, I lay it down as a Thing certain, and if the Compass of this Treatise would allow, I could produce numerous Authorities from the ablest Physicians at home and abroad to support my Assertion, that this Practice is and must be always attended with a Decay both in Body and Mind, which, in a short Time, becomes incurable, and leaves the unhappy Person under a Necessity of shortening their Days by persisting in this dreadful Habit, or living under a perpetual Sense of the Mischiefs it has brought upon them.

We are next to enquire how it comes to pass, that the Prevalence of this Vice amongst Women is more dangerous and destructive to the Order and Welfare of Society than amongst Men: Previous to which it becomes me to declare, that I would not have this Treatise be in any Degree understood as an Apology for this Vice in Man. I am perfectly sensible that all the plausible Excuses of Company, Custom, and Business, are mean and ridiculous, and never are or can be urged seriously by any Man. I am sensible too that the Frequency of this Vice among Men has been the principal Cause of its being introduc'd among Women, which I look upon as one of its most fatal Effects; but still the Consequences of this Vice are not so fatal amongst Men, are not, strictly speaking, the Root and Foundation of that general

ral Depravity that appears amongst us, as the Effects of Women's Drinking are ; and therefore I have made Choice of this, rather than that, having however an absolute Abhorrence for both, and being ready at any Time to pronounce, that according to the Laws of Nature, and the Dictates of Reason, the sober Wife of a drunken Man is the true Head of the Family, for this plain Reason, that a headless Head is an Absurdity ; which is all I chuse to say upon this Subject.

There are and have been always a Set of People, who, either from an Affectation of Singularity, a Desire of exalting their own Judgment, or a Willingness to gratify an ill-grounded Humour in others, have declaimed against Female Government, and have pretended to strip the Sex of all Authority ; which is certainly contrary to Nature and Reason, and if it should once get Footing, would be a greater Blow to Virtue, Honour, and Public Spirit, than can be well imagin'd ; because all these, in the Nature of Things, must depend on the Credit and Power of Women. To say the Truth, Nature has fixed in Man a natural Principle, I will not say of Obedience, but of Complaisance, for the Sex, which is in a great Measure the Basis of our Happiness. Hence it comes to pass, that the Manners of Women determine the Manners of a Country : If they are chaste, prudent, and industrious ; the Men are brave, virtuous, and preserve their Freedom : But where the Women are giddy, lewd, idle, or kept in absolute Subjection ; the Men are consequently vicious, effeminate, and Slaves. Look into an-
 tient

tient and modern History, cast your Eye over all the habitable Countries in the World, you will find this Observation continually verified ; but perhaps you will think all this Pains needless, if you reflect on the Difference there is between the present Condition of the *English* People, and that in which they were about fifty Years ago. In those Days it is certain, that our Women were sober, religious, and good Housewives ; and it is as certain that our Men were generous, upright, loyal, industrious, and full of Public Spirit. We had then no Balls, Masquerades, or Evening Assemblies to corrupt our Women ; and we had not Debts, Taxes, or a declining Trade, to oppress and deject the Men. These are Facts that cannot be disputed, and whoever will consider them attentively, will find that the Causes I have assign'd admit of as little Dispute as the Facts themselves.

We have heard it asserted, that the Desire of Power is the Ruling Passion of the Sex. I believe this to be true ; and I believe further, that all human Happiness results from their possessing that Power which they desire. In order to judge of this Principle, and of the Connection it hath with my Subject, we will consider the several Degrees of Power, to which, in several Circumstances, Women may pretend ; and as it is most natural, we will begin with their Pretensions while they are single, and their own Mistresses.

If a single Woman.] The Power then of a single Woman must be founded first in the Beauty
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of her Person, which is a natural Recommendation that strikes every Eye, and makes an Impression, more or less, on every Heart. This however only invites to a more strict Enquiry, and if upon that, Sense, good Humour, and the Virtues of the Mind are not found, we grow quickly sick of that Object which appeared at first so charming. Lastly, the Condition or Rank of the Person is considered, and the additional Circumstances taken from thence compleat a single Woman's Title to Power, to Influence, and to a certain kind of Dominion over such as behold and converse with her.

It is certainly doing the greatest Piece of Service that can be to your Sex to reason in this Manner upon your Perfections; and I will venture to assert, that if a young Woman of tolerable Parts would consider the foregoing Paragraph attentively, she would gain a clearer Knowledge of that Art, which all young Women desire to possess, than she would from reading a Closet full of Plays and Romances: At the same Time I think it clear, that a Propensity to drinking will destroy all these Titles to Power; since nothing can be more certain than that it takes away the Charms of her Person, by ruining her Complexion, as well as weakning her Constitution; extinguishes the Faculties of the Mind that are most striking, and opens a Gate to every Vice that can render her odious. Besides all this, it quite annihilates Circumstances, that otherwise would beget Respect and Esteem; for Drunkenness like Death levels all Ranks, and Women who are once addicted

dicted to this pernicious Practice degrade themselves, and lose absolutely all the Advantages they might otherwise derive from Family or Fortune.

If a young Woman of Quality.] If a young Woman of Quality, misled by the Example of some foolish Relation, or drawn in to share the secret Pleasures of some Companion or Governess, should be debauch'd in this Respect, in the Space of a Twelve-month she is compleatly ruined. Her Complexion becomes either of a livid Pale, or of a coarse disagreeable Red ; she is continually troubled with Vapours, to relieve which she has constant Recourse to that which is the Cause of them, and thereby increases, while she endeavours to assuage them. Instead of that modest Chearfulness which ought to enliven her Conversation, she is either boisterously merry, or stupidly sullen, according to the Bent of her Temper, or the Sense, or Want of Sense, she has of her Imperfections. These Failings are quickly perceived, for Persons in high Life, like Pictures hung in the fairest Light, draw the Eyes of all Observers ; and when once her private Folly is found out, as in such a Situation it cannot be long concealed, it is quickly whispered through the malicious World, and her Reputation is totally lost before she herself suspects that it is injur'd : She becomes from thence slighted and despised, and must either remain for ever single, or be doom'd to certain Misery in Marriage. For as no Man can love a Woman whom he knows to be addicted to this Vice, so she is either taken

off by a Person of her own Rank, who from Motives of Interest would marry one of her Fashion and Fortune, let her be what she would ; or she is betrayed by some of her Acquaintance into the Hands of a Man below her, who has nothing in view but the raising himself by such an Alliance. It is not easy to determine in which Case such a Lady is most unhappy : If the first be her Lot, she is sure to be neglected and despised ; if the latter, to be indulg'd and given up to total Destruction. If, therefore, she has any Concern for herself, any just Pride resulting from her Birth, or the smallest Regard for the Honour and Credit of her Family, she will be as averse to the Use of whatever may intoxicate, as she would be to what would certainly poison. Other Follies, other Vices may be conceal'd or aton'd for ; but this, of all others, is the most apt to discover itself, and the least pardonable when discovered.

If a Gentleman's Daughter.] If I take the Example a Step lower, and figure to myself a Gentleman's Daughter betwitched with this prevailing Custom, I cannot but discern it big with the same fatal Consequences. The Upper-Servants of the Family soon find it out that Miss will sip a little. Instead of checking, it is at least a hundred to one, that they encourage her Inclination. The Housekeeper, and her Mother's Woman, are perhaps of the Party, and then the Butler must be let into the Secret, for without his Assistance there is no coming at the wish'd-for Liquor. What a dismal Scene is here!

The

The Hopes of a Family nipt in the very Bud, and a Girl, before she is well out of the Nursery, fitted immediately for the Coffin. If through her own, or the Servants Indiscretion, the Tale takes Wind, and comes to the Ears of her Parents, they are compleatly miserable; and so are her Relations, or Guardians, if she is left to their Care. But if it falls out otherwise, and the Thing is smother'd from them, it cannot be hid from other People; and then a thousand Traps are set to catch her. If she visits her Nurse, the Compliment is the favourite Liquor; if her Milliner, it succeeds the Tea; and if her Mantua-maker, it is great odds that it comes instead of it. Among such People Match-making follows of course, and if she has a good Fortune, she is sold to a Sharper; or if very handsome, and the Family a little in Decay, she becomes the Mistress of a Nobleman of loose Morals, or a Beau of superior Rank. Let but these Thoughts occur to her at the Sight of the second Glass of Wine, or at the first of any stronger Liquor, and she will be safe; but if she trusts her Reflections to the succeeding Glass, I pronounce her in a fair Way of being undone.

If one with a narrow Fortune.] There is another Situation in which some are frequently found, and in which they have need of some peculiar Cautions. I mean one who has a narrow Fortune, and is chiefly to trust to her personal Perfections. I have frequently seen such rise into high Scenes of Life, and shine there with extraordinary Lustre. The great Earl of *Shaftesbury* had

had but one Son, and he too was of a weak Constitution; his Lordship intrusted Mr. *Locke* to look out for a Wife for him; and when he desired to know what Qualities his Lordship expected in the Lady: Let her be, said that wise Man, of a good Family, sound Sense, and a healthy Constitution; and, as to Fortune, never enquire about it. Numbers might answer this Description, and reap the Benefits of it, but for this destructive Mode of Drinking; to which, in this State of Life, many are extremely liable, from those Invitations of their Relations, which ought to defend them from it. It is scarce possible for them to spend three or four Months in a great Family, where some or other of them are not addicted to this Vice. Now all Tiplers have this, in common with other Sinners, that they have a mighty Pleasure in betraying Innocence; and where they cannot do it, they are apt there, to place their Spite. This is another hateful Circumstance, and ought to frighten every young Woman of Sense and Spirit from it. The best Way in such a Case is, to find some plausible Pretence for leaving the Family, since there is no Safety for a young Woman who lives in it. If she yields, she is undone, and if she resists, she will be belied. Many such Persons have been this Way ruined, first drawn in to be my Lady's Companion, then perhaps my Lord's, and, at last, God knows who's. I have said enough to dissuade such, and more I think would be needless.

If

If the Daughter of an opulent Tradesman.]
 The Daughter of a Merchant, or opulent Tradesman, with which the City of *London* still abounds, may run infinite Risques of suffering by this Contagion. She may be very early solicited by some of her Acquaintance to amuse herself this way, to cheer her Spirits, as it is call'd ; to laugh and to be merry. And tho' she has (as sometimes such young People have not) strict Principles, and reflects that this is a base and unbecoming Practice ; is afraid of losing her Reason, and making herself ridiculous ; yet it is at least twenty to one but she is laughed out of these right Notions, and taught to value her superior Sense, on flighting vulgar Rules. She is told, that these do well enough to low ordinary People, who have their Bread to get ; but that when Folks are above the World, and may indulge themselves without Prejudice to their Circumstances, such Restrictions need not be regarded: Then Examples are cited ; She is told, that Miss Such-a-one and the Deputy's Lady drink together, and are never the worse thought of: She is assured, that People may be merry and wise ; that there is no Harm in a little innocent Freedom, and that if People did not raise their Spirits sometimes, Life would be a very dull Thing. When she is once initiated, the Itch grows upon her ; she grows herself a Patron of this new Philosophy ; talks of nothing but Country Jaunts, and Parties for taking the Air ; thinks a Slice of Ham and a Glass of Wine have so fine a Relish at *Vaux-ball*, and so much a finer at *Ranelagh*, that three
 Nights

Nights in a Week she is there, the other three they run in her Head : If her Parents indulge her, she is lost beyond Redemption ; and if they don't restrain her in the very Beginning, future Reproofs come too late. She has learn'd all the trite Replies that are in Fashion with pert Ladies : She is old enough to think for herself : Those might be the Customs of former Times, and Citizens Daughters were very demure Creatures in the Days of good Queen *Bess* ; but for her Part, she knows better Things : Why was so much spent in her Education ? She can speak *French*, play on the Spinet ; and must she not shew these Perfections ? Truly, she can see no Reason for that ; besides, her Pappa can give her as much as a Lord can afford his Daughter ; and, according to her Logic, this gives her a Right to as good a Taste. Such are the Effects of a chearuping Glass, when taken by a young Woman in this Station ; and in another Part of this Work we shall see their Consequences. Let us now proceed.

If the Daughter of a middling Tradesman.]
 The Daughter of a Tradesman, in the middle way of Life, may run Hazards of another kind : Her Father's Business, perhaps, forces her to be acquainted with the ~~Upper-Servants~~ in great Families, or possibly with the Wives and Daughters of such Wholesale-Men as he deals with, or of eminent Traders who deal with him ; and this proves a Snare to her, especially in her earlier Days, when she has not Spirit enough to refuse what
 is

is offer'd her, and think it Good-Manners to do as she is bid. Thus her very Virtues endanger her, and she is hurt upon a Principle of Well-doing. Visits are no less fatal ; she cannot live always at home, and she can scarce go Abroad without getting into the Way of this Vice ; and if she falls in its Way, nothing is so difficult as for her to escape the Contagion. This is very hard, and so much the more so, because, willing or not willing at the first, if she drinks twice or thrice, the Uneasiness wears off, and the Habit comes on. It is a Pity that one cannot as easily assign a Remedy as lay down the Temptations. The best I know is to believe all strong Liquors Poison, and to hate them as such, until arrived at Years of Discretion : I mean, at such Discretion, as to be able to judge, when, if ever, these kind of Liquors are needful.

But it may be asked, whether this severe Discipline is so absolutely necessary, and whether it is not possible for a Woman, and even a young Woman, such as I have described, to be sober and honest, though she now and then takes a Dram to oblige a Friend, or that she may not look precise in Company ? I answer plainly, that a Person may behave modestly after being kept ; or possibly prove honest after Transportation ; yet nobody would think these Arguments sufficient to extenuate the Crimes of Whoring or Pilfering. But you will reply, do you think drinking a Dram as great a Crime as these ? No truly, not a twentieth Part so bad ; but its Consequences forty Times worse. Repentance is not uncommon

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amongst leud Women; Remorse sometimes siezes a Thief; but as for those who forsake Drinking, I am afraid they are but few: Besides, the lowest sort of Women have as great a Title to Modesty, Virtue, and a good Character, as Duchesses, and ought therefore to be as tender of them; which they never can be if they give way in any Shape to this sort of Drinking, as will manifestly appear by examining a few particular Cases.

If the Daughter of a common Tradesman.] There are Abundance of the meaner sort of Tradesmen, who pick up a tolerable Livelihood, and are able to breed a numerous Family in such a Manner as to be able to get their Bread. I will suppose the Daughter of such a one, to have fallen into this way of drinking a Dram now and then; and will readily grant that it has no immediate Effect upon her moral Character: But what then? As she does not drink it alone, she is in the Hands of her Companions: If they propose a Trip to *Cuper's Gardens*, *St. George's Fields*, or *Tottenham-Court Fair*, or any other Place of Amusement; two or three such Jaunts of Pleasure are more than sufficient to lay the Ground-work for a Life of Care. People do not grow wicked at once, but by degrees; and of these the first is taking a Dram. If this is avoided, very possibly all the rest may be escaped without Trouble; but if not, the rest will follow insensibly, and before they are thought of.

If

If a House-keeper.] How many honest, sober Women do we see in good Families, exercising with great Reputation the Office of Housekeepers, and treated with much Respect and Esteem. Yet nothing is more common than for such a one, when she grows a little in Years, to be prevail'd upon by some of her Acquaintance, to cheer her Heart now and then, as she calls it. This Custom draws after it necessary Consequences, which are fatal to her in every Respect. It clouds her Understanding, makes her Business painful and burthensome, that was before light and easy. This sends her the oftner to the Bottle, till her Faculties begin to fail her. Proofs of this appear frequently in her Accompts; her Failing becomes known to the Servants, and then she falls under the fatal Necessity of propagating the Mischief, by a free Distribution of the favourite Liquor; at last she is exposed, ruined, turned out of her Service, and left to linger out her Life in a Garret; or if the Family hath still some Compassion for her, in an Alms-house, or some other Mansion of Charity; where her End is hastened by drinking to drive away Thought. Can one imagine a Scene more miserable than this? Or can any Body lay his or her Hand upon their Heart, and say, that in the Compass of their Remembrance this never happened; or that they never saw or heard of such a Scene?

If a Lady's Woman.] I have often wonder'd at the sinking of many Employments in *England*, which formerly made another Figure than they do at present; and upon strict Enquiry I have always found this Vice at the Bottom. For Example: There was a Time when a Lady's Woman carried along with it a Title to Esteem and Respect. In the Remembrance of many who are now living, a Duchess's Woman stood on a Level with a Baronet's Lady, and so in proportion. But such is the Degeneracy of the present Age, that the Character is almost worn out; and these sort of People are content with the humble Stile of my Lady's Maid. One in this Situation, I take to be in a most ticklish State; for if her Lady slips a little, as I am afraid too many do, she must participate, or lose her Place. But if this is not her Lady's Failing, as she has a great deal of Time upon her Hands, it exposes her to many Temptations. With her are deposited the Secrets of the Family; and the Steward, Housekeeper, Butler, Groom of the Chambers, Clerk of the Kitchen, all the Upper-Servants, and the Tradesmen of the Family, pay their Court to her; and, I dare say, nine Times in ten the first Addressee to her are accompanied with a Flask of Champagne, or a Bottle of Citron. If we consider with what Warmth these Things are pressed, and what her Situation is at this Time of Day, we shall not at all wonder that many fall into this Vice, and are undone by it. For this is a certain Rule in every Family,
that

that if my Lady does not drink, she will never keep one that has that Failing near her Person.

If a common Servant.] It would be very happy if this Fault rested here, and sunk no lower; but as we too frequently meet with it at the Top, so nothing is more common than to find it at the Bottom of Families. Many of them, who are either Cook-maids, or Chamber-maids, are now so addicted to this Vice, that I dare say, their private Expences supply the Government with many Thousands *per Ann.* at the same Time that they cause four Times as much to be drawn out of Housekeepers Pockets to support them in Work-houses. In either of these Services they are far from being in an uneasy State; they have a good Subsistence provided for them, and may live very happily and safe, and establish a good Character if they please; but if they fall once into a Chandler's-Shop-Acquaintance, give Ear to the Tittle-tattle of the Neighbourhood, and furnish their Quota of Intelligence, they must take their Glafs of course. Thenceforward they are listless; there is an End of Industry, Carefulness, and Concern for Reputation; a Month's Practice quite changes them. If they have Sense enough to avoid absolute Drunkenness, they grow however lazy, sluttish, and impertinent beyond bearing. These ill Qualities throw them out of Place after Place, till at last their Credit is quite lost, and they can't get another; then they tire out their Friends, live upon their Cloaths, encroach upon their Acquaintance; their Love of Tippling grows upon them all the while,

while, and brings Infirmities after it, and at last they become a Scandal to their honest Parents, and a Burthen on the Parish. Can there be any Thing more melancholly than this? Yes; the forming a Design to come to such an End, which I am afraid many of them do, and only serve out a Year carefully in some good Family, on purpose to obtain what they call a Settlement. Miserable Contrivance surely!

Such are the Mischiefs, such the Calamity, such the Destruction that this fatal Vice brings on, tracing it no farther than in the Misfortunes of those who are single; whom, as I have fully shewn, it certainly and totally ruins; depriving them of whatever Advantages they may derive from Nature or Fortune. If they have Beauty, it takes it away; if they have good Sense or Wit, it destroys them; if they are distinguish'd by Birth or Family, it converts this Distinction into a Misfortune; if they have Riches, it turns them to a Curse; if they have good Relations, it renders them unworthy of their Notice. As it destroys every good Thing, it enhances every Evil. Have they any Deformity in their Persons, this Vice makes them ridiculous, as well as unfortunate. If their Understandings are a little weak, this presently stupifies them. Are their Circumstances narrow, this brings them to absolute Want. Are they in a Condition that requires Thought and Contrivance, this puts both out of their Power. Add to all that has been said, that while other Follies meet with Pity, this excites Indignation and Contempt.

Indeed

Indeed so it ought ; for other Faults leave many Things amiable in a Woman, so that her ill Qualities are covered by her good ones : But this Vice leaves none ; nay, to speak the Truth, it takes away the Woman, and leaves in her Stead a Beast in human Form. If you think this too severe, if you think I am guilty of any Exaggeration, look upon a drunken Woman, and then read the Paragragh again, and wonder how I could speak so mildly. But I reserve my Spleen for the more dangerous Part of the Vice. What I have hitherto said is but trifling, compared to what I shall be obliged to say when I trace its Mischiefs in Families. Here, it hurts Individuals only, there it destroys Numbers : Here, it takes away Industry ; there, it deprives the Industrious of their Reward. In a Word, here, it may be compared to a Spotted Fever, which is dreadful and dangerous ; but there, it is the Plague, that sweeps Multitudes without Compassion, and scarce admits of Cure.

The Power of married Women.] In order to form a right Idea of the Prejudices that flow from this prevailing Vice, where it affects the Mistress of a Family, we must consider the Difference between that sort of Power which is the just Object of a single Woman's Wish, and the Authority to which she has a Right when married. The former I have shewn proceeds from Beauty, Virtue, and an irreproachable Conduct ; the latter is established by the Laws of Society, and is the Result of the common Interest of Mankind.
When

When married, the Wife becomes Part of her Husband, shares in his Pleasures and his Cares; and tho' she owes Obedience to him, yet has a Joint Sovereignty over his Family, upon the proper Exercise of which her common Happiness depends. Whoever considers this attentively, will see that this is no trifling Affair, but one that requires both Parts and Application; and tho' many imagine, that the Management of private Families is of little Consequence to the Public, yet this is so far from being true, that the Welfare or the Miscarriage of a State depends more upon this than any Thing else. A little Reflection will make the Matter plain. It is self-evident, that ill Conduct will ruin a private Family: If therefore ill Conduct becomes fashionable, it must ruin many Families: In such a Case, how can a State be safe? This fashionable ill Conduct is what we generally call Corruption; and with Propriety enough; for the Corruption of Individuals induces Confusion and ill Conduct in Families; and the grand Source of this Corruption, is the wrong Turn that some of your Sex have lately taken.

It would be a great Pleasure to me if I could avoid discovering a Humour that prevails lately amongst too many, especially among those who stile themselves the better Sort, of relinquishing this Prerogative; that is, (if they'll pardon the Plainness of the Expression) incline to mind any Thing rather than their Families. This will have fatal Consequences, such as I dread to think of or describe: Neither can I imagine how
such

such a Notion as this ever prevail'd. If they fancy there is any Thing mean or despicable in managing a great House and many Servants, they are, in my Opinion, certainly mistaken; and in order to convince them, I need only observe, that they must take their Choice, either to manage Servants, or to be manag'd by them; and sure I am (upon Reflection) they will not allow the latter Situation preferable to the former. If Liberty be the Thing they aim at, this is mistaking the Road: Their Freedom consists in Power, and not in a Licence to reject as useless the Means of exercising it. The sole Method then of passing through a married Life with Ease and Decency consists in dividing properly the Affairs of the Family: The Conduct of the Estate ought surely to be in the Master: It is his Right, and if he parts therewith, it is an Act of Weakness; as it is a wrong Turn of Thought which puts a Wife upon attempting to wrest any Part of it out of his Hands. The Conduct of the House belongs as justly to the Mistress; and no Man ought to marry a Woman whom he would not trust with the Management of his Family.

If a married Lady of Quality.] Let us now, Ladies, consider how fatal this foolish Custom, wherever it prevails, is to that Power of yours which you naturally affect, because the great Author of Nature foresaw this private Ambition must be the Basis of public Happiness. We will, as before, begin our Instances at the highest Point of Life. Let us, for once, suppose, tho'

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with

with all due Deference I make the Supposition, that a Woman of Quality should be tainted with this Vice, you will easily perceive, that it will entirely divest her of her Dignity. Title is not only the Reward of Virtue, but it ceases to confer any Thing more than an empty Name, when those who wear it become vicious. In such a Case, a Woman of Quality becomes the most wretched and contemptible Creature in the World. Her Woman governs her, her Steward cheats her, her Servants in general laugh at her, her Lord contemns her, and the Town turns her Name into a By-Word. It is an idle Thing to fancy, that Quality can sanctify Defects. Lady *Lucy* had a high Spirit, was the Daughter of a very great Man, and the Sister of a greater, but her Vices made her odious, and, at the same Time, ridiculous. She sought at last to take Shelter in what had brought her Misfortunes upon her; she drank to drive away Thought; she did it effectually, she drank herself to Death. Happy for her if she could have kill'd her Memory too. I should not then have been able to cite her as an Example. But that, you see, is impossible. As we revere the Virtues of the Dead, we naturally reflect upon their Vices; and the more conspicuous their Figure in Life, the more Noise their Imperfections make, especially if they have bad Effects upon their Families.

If a Gentleman's Lady.] A Gentleman of a great Estate may be as certainly ruined by his Wife's Love to Tippling, as the meanest of his Servants.

Servants. You have seen that the Management of the Family belongs to her of Right, and your own good Sense will tell you, that a Woman, who has this Failing, never can govern a large Family as she ought. In this Case, what is to be done? If her Husband is indulgent, they must infallibly become wretched: To overlook her Folly, is to be a silent Spectator of his own Ruin, and of his Children. Love may possibly make a Man wink even at this Fault, but then her Children must either follow her Example, or if they do not, they will certainly lose their Respect for her. A sober and sensible Daughter will think it her Duty to conceal her Mother's Weakness, but then she will be apt to seize upon her Authority; and in this case let her manage it ever so prudently, this very Step must expose what she endeavours to hide; for where the Daughter governs, the World will presume the Lady of the House is incapable; and whence that Incapacity springs, cannot long remain a Secret. Take it the other Way, and suppose her Children ruined by her Example. Is it possible to conceive a Man more wretched than her Husband, or any Family in a more dismal Situation than her? What signifies in such a Case their Rank in the World, or the Largeness of their Estate? The former can only serve to render their Misfortunes more conspicuous, and the latter must sink by Degrees, and at last be totally wasted; for no Fortune, however opulent, can resist a Series of Mismanagement. Besides, who will match with such a Family, who will have any Engagements with it? Who, as the

Mischief becomes more apparent, will forbear reflecting on the Cause? And then what follows? When the Husband at last sees the Folly of his own Indulgence, he parts with his Wife, disposes in the best Manner he can of his Children; she now breaks her Heart, and if he marries again, perhaps he retrieves his Circumstances; but it is a Thousand to one that his unhappy Offspring are totally undone.

Ought not such Reflections as these, which so naturally arise from the Subject; ought not Consequences so certain, so inevitable, which Reason renders so apparent, and which are justified by general, by universal Experience, to fright every Woman in such Circumstances from so dangerous, from so destructive a Vice? Is it possible for a Person of ordinary Understanding, who allows herself Time to consider her own Conduct, not to see such Effects before she feels them; and is it possible to bear this Prospect a Moment, without falling into a Fit of Horror and Confusion? Is it not better that she should be her own Monitor, than that she should force her Husband, or any of his or her Relations, to lay the Consequences of her Folly before them; or, which is worse, continue the same Practice till all Remonstrances come too late; and this Habit is so firmly riveted that nothing can remove it? Certainly it is; and one great Use of this little Treatise will be the hinting such Meditations as these to those who have never yet made them, and placing them in a stronger Light to those who have.

If the Wife of a Clergyman, &c] Permit me to take Notice of a Case that differs a good deal from the last, I mean that of a Wife to one who is a Gentleman by his Profession, such as, a Divine, a Councillor at Law, or a Physician. We will take, for Example Sake, the first. If the Wife of a Clergyman indulges herself in a too free Exercise of Female Good-Fellowship, it has many frightful Consequences that were not taken Notice of in the two former Instances. For in the first Place her Conduct will affect the Reputation of her Husband; and the censorious Part of the World, which God knows is but too great a Part, will incliné to charge upon the good Man as a Crime, what in Truth is his greatest Misfortune. Next it will put it out of her Power to do that which is peculiarly her Duty; I mean regulating the Expences of her Family in such a Manner, as that the Profits of her Husband's Profession for Life, may not only furnish a decent and comfortable Subsistence, but supply likewise a reasonable Fund for the future Provision of the Family, when according to the Course of Nature that can no longer be derived from his Labours. This, through the Prudence and frugal Attention of an understanding Woman may certainly be done; and thereby the greatest Blessings in this Life, *viz.* Peace, Plenty, and a comfortable Prospect secured. But where a Woman suffers her Thoughts to be disordered, her Time taken up, and her Reputation injured for the Sake of so short, so trifling a Pleasure, as the
 momen-

momentary Gratification of one Sense must be; it is simply impossible that she should be able to effect this, or consequently prove a good Wife, a good Mother, or a good Woman, in that Station where Providence has placed her.

If the Wife of an eminent Tradesman.] You must be sensible in the next Degree of Life, which is that of the Wife of one who lives by Trade, but in a genteel and honourable Way; who carries on an extensive Commerce, and employing therein a Number of Persons in different Ways, and of different Degrees: I say, Ladies, you must be sensible, that the Wife of such a **Man** cannot but have Employment enough, and a very large Sphere wherein to exercise her Prudence, Patience, Chastity, and other good Qualities; the exerting which must render her amiable while living, and secure her Memory from being hastily forgot. But how, if she ever gives into this pernicious Humour of extinguishing the Lamp of Life, under a Notion of quickening its Flame; how, I say, shall such a Woman discharge the many important Duties she is called to? How shall such a Woman give Answers, or receive Instructions in the Absence of her **Husband**? How preserve that Dignity, which is necessary for regulating the Conduct of such a Number of Dependants? How carry in her Head such a Notion of her Husband's Business, as may enable her to discern whether he thrives or runs out, whether his Servants do him Justice or cheat him?

There

There are too many Women in this State of Life in the Age in which we live, who never think of these Duties at all ; who affect a sort of Independency on their Husbands ; who put on the Woman of Fashion in their own Apartments, and leave him to exercise the Character of a Man of Business in his. Such Women are very apt to be drawn into the Vice that I am labouring to expose. This very Manner of Life puts them in the Way of drinking, and makes drinking necessary. Those who visit them are commonly too much inclined to Jollity and Feasting : These quickly affect either their Husband's Peace, or Estate ; and so domestic Jars, or domestic Misfortunes, send her to that comfortless Comfort, the Bottle. In the Time of her Prosperity you cannot but know, that in the Opinion of the World such a Practice will render her unworthy of it ; and you must confess, that in the Day of her Desolation it will deprive her of Compassion. While Things go well, she will want Respect ; and when they grow ill, Pity. Can there be any Thing more certain, can there be any Thing more miserable ? You, who are the best Judges of Female Happiness and Misery, will easily determine. To draw from Riches nothing more than Ridicule and Contempt, is provoking enough ; but to have the Load of adverse Fortune, doubled by the Addition of Reproach and Scorn, is scarce to be endured : especially by a Mind altogether untinctured with any Principles of Prudence and Piety, as such a Woman's must be.

If

If the Wife of a middling Tradesman.] The Wife of a middling Tradesman is a very extraordinary Character: She shares not only in his Bed but in his Business; and is at once his Spouse and his Partner. A Merchant, or a Wholesale Trader, may, if he pleases, exempt his Wife from all Fatigues of this Sort; but a middling Tradesman cannot. The Wife of such a Man has not only the ordinary Cares of the Household upon her, but those also of the Shop. Upon her Behaviour the Number and Satisfaction of his Customers must in a great Measure depend. If she is prudent, diligent, and obliging, he will certainly thrive; but it will be almost impossible for him to do so, if she is otherwise. Put the Case then, that this Woman is sometimes disorder'd, or perhaps only fluster'd. When she is so, she is no longer Mistress of her Wits, and consequently no more Mistress of her Business. She falls into Mistakes; she lets her Humours appear; she grows troublesome to those about her, and odious to her Customers. The Husband, when he sees this, finds himself under a Necessity either of quitting his Business, or of dismissing her from all Concern in it. This is presently attended with private Disputes, which, by Degrees, ripen into public ones. This not only ruins her Character, but his; and a Family, that might have been bred up in a sober and creditable Manner, are thrown, first into Confusion, and then turn'd a starving. The good Women of her Cast, abet her Conduct, and charge the Man with Cruelty and Ill-Usage; those who deal with them, instead of entring into
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the Dispute, contrive Ways and Means to get their Debts, and then Distress follows Distress, and the Consequence needs no Explanation.

You will easily discern, that I rather touch these Matters tenderly, than strain them to the utmost: You will perceive abundance of Circumstances that I have omitted; and you will do me the Justice to believe, that it proceeds wholly from my Regard to the Sex, and my Unwillingness to draw disagreeable Characters in the most shocking Colours. You will, therefore, whenever you see Occasion to apply any of these Observations, supply these Deficiencies, and in the Lectures you give your female Friends, enforce my Reflections with that Wit and Spirit, which is peculiar to your Sex, and which enable you to express your Sentiments with that Clearness and Vivacity, which admit of no Reply. You will tell such a Woman plainly, that every time she raises her Hand to her Mouth, she pulls down her own, as well as her Husband's Fortune: You will expatiate on her Disregard to him, on her Carelessness of her own Reputation, on her Barbarity to her Children, and on the Injury she does her Sex: You will convince her, that one bad Wife makes sometimes more than one bad Husband; and you will make her sensible, if she is deaf to your Reproofs, that an ill Woman cannot long keep good Company, by quitting her Conversation.

If the Wife of a common Tradesman.] If we descend a little lower, and look into the Families of Mechanics, and the meanest Sort of Shop-keepers,

keepers, we shall find, that though less Parts and a lower Genius may serve Turn, yet Sobriety is never to be dispensed with; Journeymen must be looked after, Apprentices must be taken Care of; and where but little is got, the more Oeconomy is needful to make it go the further. In vain the Husband labours; in vain he rises early, and sits up late; in vain he obliges those about him to copy his Diligence; all this will do nothing, if the Woman is wanting in her Province. If the Goings-out are greater than the Comings-in, Ruin must ensue; for Industry alone will not do, it must be seconded by Frugality. If the Woman idles away her Time, the Man might as well play too; her Gossiping will get the better of his Activity; and the Sisterhood of Tiplers will consume more than he, his Journeymen, and Apprentices can earn. Besides, as such a Man cannot be always at Home, there will be nothing done when he is Abroad: Servants will find a Way to make Compliance with their Mistresses Humour compensate their Neglect of their Master's Business. In short, such a Wife is the Patroness of Idleness; and, over and above her own Want of Conduct, will be sure to spread a Carelessness amongst such as she ought to keep in order.

You may readily see the Justice of my Remarks, if you will but give yourselves the Trouble of examining what passes in the Family of a declining Tradesman: There is nothing that can escape Female Penetration; apply yourselves to the Discovery, and you will quickly see more than I; you will judge of the Reason why the Maid is so
often

often called, and when you hear her pert Answers, you will assign another Reason for her Mistress's bearing them, than Patience : You will refer the Liberties taken by Apprentices, to their proper Cause ; and when the good Man complains that he buys Things dearer than his Neighbours, you will guess how the Market-Penny was spent. When you see the Kitchen in Disorder, the Children half naked, and the House in a universal Litter, your Indignation will rise at the Thought of what occasions it ; you will, from that Moment, look upon a Dram-Glass as a more dangerous Instrument than a Blunderbuss, and believe a Distiller's Shop more fatal to the Peace of Society, than a Gunsmith's. In short, you will see the true Cause why our Poor's Rates are always increasing ; and be sensible of the great Hardships that lie on the honest, diligent, and painstaking Part of the World, who are not only obliged to work for themselves, but for the Maintenance also of the Indolent, Extravagant and Careless ; you will comprehend how the Times come to be worse than they were, how the lower Sort of the People are exposed to greater Calamities than formerly, and how Poverty, like a Deluge, sweeps all before it.

If the Wife of a Captain.] Let us, if you please, strike out into a distant Scene of Life, which seems to have no Connection with any that have gone before, in order to see whether this Malady, that is epidemic, has, in all Places, the like bad Effects. Put the Case then, that the Wife of

the Master of a Merchant-man makes an ill Use of the easy Access she must necessarily have to all Sorts of strong Liquors, you will readily discover the peculiar ill Consequences of such Conduct in her Station : As she is a kind of Factor for her Husband while Abroad, and the sole Ruler of the Family in his Absence, there requires more than ordinary Attention, more Discretion than is commonly met with, to discharge so many Duties effectually : The more Temptations there are about her, the more requisite it is that she should be upon her Guard ; the more Pains are required to keep her Family in good Order, the greater Activity must be shewn ; the Multiplicity of Orders which she receives from her Husband, and from those who employ him, must all meet with a punctual and perfect Obedience ; so that if her Senses are clouded, her Spirits in a Hurry, her Morning or her Evening Thoughts discomposed, she can never go through all this ; some Neglects there will be ; and when once Confusion is begun, like a twisted Skain of Silk, the more you stir the more it is tangled ; and then the frequent Repetition of a Cordial to deaden the Sense of these Difficulties, increase them to such a Degree, that they become absolutely insurmountable ; and the Captain, when he comes home, finds himself shipwreck'd on Shore, whatever Success he has had at Sea.

It may, I know, be suggested, that these are great Hardships upon Women ; that it is in a Manner impracticable for them to go thro' such Fatigues ; and that if, in the midst of them, a
Woman

Woman slides into a few Errors, she may very well be excused : But you, Ladies, will never admit so poor an Excuse. You all of you know by Experience, that the Female Understanding is very equal even to the most arduous Employments ; and that when a Woman has much to do, she has the less Time to be idle, to give up herself to Company, or to indulge such an idle as well as pernicious Practice of Sipping. You know from your own Experience, that many Women in this Station discharge the Duties of it with the utmost Freedom and Alacrity ; the Effects of which are visible in the great Estates gained by some Masters of Ships, notwithstanding they have numerous Families, and frequent Losses. I foresee that another Thing may be said, and that is, that many Women in this way of Life carry on this Variety of Business, and yet indulge themselves very freely ; and frequently declare, that if it was not for this artificial Way of supporting their Spirits, they should not be able to go through such excessive Fatigues : But I appeal to you, Ladies, whether this is not apparently false and absurd ; and whether for one Constitution capable of bearing this additional Draw-back of Sense and Understanding, there are not fifty that would be absolutely destroyed thereby. Some People can go, in a great measure, without Food, or without Sleep, and this either through a constant Habit, or from something peculiar in their Constitutions ; but Accidents can never establish Rules ; and if, because this is sometimes done, we should always expect it,

it, nothing could be more unjust or unreasonable : Besides, you can never be brought to believe that Practice, which visibly debilitates the Body, to be a Help to Activity ; or, that what certainly weakens the Faculties of the Mind, should enable People to go through Business. These are indeed plausible Pretences, which may impose upon weak Minds ; but, I am confident, will have no manner of Effect upon you, who will be content to wonder at such Women, but without any Inclination to imitate them.

If a Wife engag'd in a separate Business.] There is another Case that lies very wide of this, and of all the rest ; which is, that of a Woman who carries on a Business separate from her Husband's, or is employ'd in a Part independant of him, which in this great City, you know, frequently happens : This is certainly a very trying Station ; but withal, it does a great deal of Honour to the Sex : It demonstrates fully, the Falshood and Folly of those Suggestions that ill-natur'd People throw out against the Capacity of Women, as if they were of a lower Size, and less fit for Business, than ours, whereas, the contrary of this is very apparent from these Instances. We frequently see a prudent Woman thrive in her Employment, while the Man sinks in his ; nor is it at all miraculous to see a Man supported, and his Children brought up, after being disabled by some bodily Infirmary, or undone by Misfortunes in Trade, through the Care and Industry of his Wife. But if a Woman in such Circumstances, who has a large Circle of
Employment,

Employment, allows herself to fall by Degrees into this epidemic Malady of Drinking, she quickly loses those Talents that are absolutely requisite for the right Conduct of her Affairs; and of a sudden grows incapable of what for many Years she went through with Ease and Chearfulness. Her Servants (for such a Person must have several) are the first who discern her Weakness, and the first too who encroach upon it. Hence follows a Negligence in Business, Things are not carefully done, Directions are mistaken or forgot, Times are not complied with, Promises are broke, Dealers are left unpaid. Upon this the Scene changes at once, Reputation is lost, Business falls off, and Distresses come on. The Husband, instead of receiving Assistance from his Wife, finds his Misfortunes doubled through her Mismanagement, and then perhaps from Despair falls likewise into her Folly, and so both drink themselves to Death, when a little Reflection might have saved them, and a reasonable Degree of Prudence and Circumspection have preserved them in Credit.

If the Wife of a Person keeping a Public House.]
 One would imagine that by this Time, the Head of Examples at least should be pretty thoroughly exhausted; but yet there remain many which differ greatly from all of these; and it is still necessary that I should touch upon a few, that I may make good what at the Beginning I affirmed, viz. That every where, and amongst all Ranks of People, this Custom of Women's Drinking,
 proves

proves an incredible Source of Mischief and Corruption. In a Public House, as there are the greatest Temptations to Drinking, so one may with Truth affirm, there is no Employment in which it ought to be so much guarded against. A Drunken Landlady is not only a ridiculous and odious Spectacle, but it absolutely reverses the Order of Things, and destroys the peculiar **Economy**, on which the Success of the House depends. There are no People so capricious as those that drink, and consequently there are none require soberer People about them. On the other hand, there is nothing more frequent, than to see People who love Drinking, endeavour to draw in not only the Master, but the Mistress, with what Views I will not pretend to say, because they are so easily understood, that it seems to be unnecessary. At the same Time, however, it is certain, that a Refusal obliges more than a Compliance; for even drunken People revere Sobriety, and admire that Virtue, which they want Strength of Mind enough to reach. As the Management of a Tavern demands, perhaps, as much Calmness of Temper, and Presence of Mind, as any Business in the World, it follows that nothing can be more destructive to that Business, than pursuing a Course of Life, which renders such a Disposition impracticable, neither is it any Excuse to say, that the Business itself renders so strict an Abstinence impracticable, because Reason and Experience shew the contrary. A Butcher is not always eating, or an Apothecary swallowing Physic, why then should
 People

People be under an absolute Neceſſity of Drinking, becauſe they ſell Drink? There is a wide Difference between being ſerious and ſad ; a Woman may keep a Bar without being either gay or gloomy ; and Sprightlineſs and Activity are ſo far from depending upon a too great Familiarity with the Glaſs, that, generally ſpeaking, they are deſtroyed by it. To ſay the Truth, unleſs People's Inclinations ſway them, this Buſineſs furniſhes as many Excuſes for avoiding this Vice, as Pretences for it. It cannot be expected, that a Woman ſhould drink with all Companies, and this gives a Woman a fair Opportunity of reſuſing to drink with any. A ſhort Perſeverance in ſo good a Cuſtom, ſoon gets the better of all Importunities ; that Mrs. Such-a-one never drinks, is a Thing known to every Cuſtomer to the Houſe, and whenever ſhe is preſ'd to it, puts an End to the Diſpute.

I ſhould now pauſe, Ladies, and inſtead of offering you more Examples, endeavour to employ effectually the Obſervations which naturally ariſe from theſe. But a new Train of Circumſtances croud into my Thoughts, and oblige me to purſue the ſame Method a little farther. I beg leave to recall to your Remembrance a kind of Females hitherto unmentioned, many of whom are known to be but too much addicted to this Vice, and in whom it is at leaſt as dangerous and deſtructive as in many of the former Caſes ; nay, I think I may with Juſtice ſay, that it is more ſo. The ſort of People, I mean, are Nurſes ; ſuch as have the Care either of tender

and helpless Infants, of sick and diseased People, or of such as, by Age and Infirmities, are reduced to a kind of second Childhood. Upon these, it is certainly requisite, that we should dwell more particularly ; and therefore how disagreeable soever such Representations may be, I persuade myself, Ladies, that you will bear them patiently. Consider that your beloved Offspring, the nearest of your Relations, the dearest of your Friends, such as in Interest, Duty, and Inclination, you are most obliged to cherish and preserve, may be neglected, ruined, or brought to a sudden and unnatural End, for want of reflecting on the following Precautions.

If a Wet-Nurse.] Let us begin with Wet-Nurses, who are very frequently drawn into this Failing by the Indulgencies of their Mistresses. It is thought sometimes requisite, and seldom improper to give Nurse a Glass of somewhat good. I do not deny that if these Women did, in this respect, take as much Care of themselves, as is taken of them, few or no Inconveniencies might result from this Practice ; but as the contrary is generally speaking true, that is to say, the good Women take as many Glasses of somewhat comfortable out of Sight as in, this is too often attended with very mischievous Consequences. For tho' the Strength of the Nurse's Constitution may hinder her from being at all overcome with Liquor, yet the taking such Quantities, though they may not affect her in that Way, must prove extremely prejudicial to the Children that suck ; since as all Physicians agree, the coolest and thin-

thinneſt Milk is that which produces the beſt Nouriſhment. It is better therefore to gratify the Nurſe ſome other Way, to oblige her by ſome little Preſents, to be kind to her Children, or to beſtow ſome peculiar Mark of Favour on her Huſband, than either to indulge or preſs her to accept of a Glaſs of Cordial, which never can be ſo neceſſary or uſeful in any Extremity, as the Habit of Drinking muſt prove dangerous and deſtructive, if ever it is acquired thereby; which is a Matter that deſerves the ſtricteſt Conſideration, ſince the Evil, once eſta-bliſhed, is ſcarce ever to be redreſſed; and the Effects of it prove not only fatal to the Child of the indulgent Miſtreſs, who firſt gave into this Folly, but to every Child the Woman is entrusted with afterwards, as well as to her own. Such are the Conſequences of an ill-judged good Nature, and too ready a Compliance with the depraved Will of a poor Woman, who by a little good Advice, and a gentle Reſtraint, might have been fixed in a contrary Sentiment, rendered ſober from Principle, and a juſt Concern for her own Health, and that of the Children committed to her Care.

If a Dry-Nurſe.] Theſe Reaſons may very poſſibly induce a Doubt, whether Drinking can be of ſuch Conſequence in a Dry-Nurſe. For it will be ſaid, what ſhe ſwallows can't affect the Child; the poor Woman takes a great deal of Pains all Day, and has her Reſt broke in the Night. She muſt therefore have ſomething to keep up her Spirits. At leaſt ſays the Mother, it is her own Affair, it

does not affect my Child or me. But not to dwell upon the Inhumanity of such Principles, and the Stupidity of expecting that Regard should be shewn to one's Child, by a Person for whom one shews no Regard one's self; I say to pass by this, as a Thing too evident to be insisted upon, I shall examine a little the Justice of the former Arguments. A Woman who is inclined to drink, is extremely dangerous both from her Practice and Example; she fancies herself much the lighter for a Dram; it sets her Stomach to rights, warms her, and carries off the Wind; if therefore, as is commonly the Case with Children, her Nursery is troubled with Crudities, and a Sourness on the Stomach, a little Dram is put into the Child's Pap, and thus it is brought to relish Drams, before it has Sense enough to know what they are. Upon the same sort of Principle, these Nurses are great Friends to Sleep. The poor Child undergoes a great deal with his Teeth, it can never go through it without a little Rest; and upon this, Recourse is had to some villainous Cordial, sold at some neighbouring Chandler's Shop; and because it makes the Child dose, and stops its crying, the Mother is highly pleased with Nurse's Skill, and commends her great Care for poisoning her Child before her Face. To these Mischiefs, we may add another great one, *viz.* That of being intoxicated to such a degree, as to endanger the Over-laying a young Child, letting it drop off the Knee, or twenty other Accidents, of which Death is the least ill Consequence

quence that can follow ; the least, I say, for the Death of an Infant is surely a much lighter Misfortune, than the Soul's struggling through a Life of Pain, in a diseased and deformed Body.

If a common Nurse.] This Practice of Drinking is to the full as detestable, in such as are entrusted with the Management of the Sick ; for in the first Place, it is evident that one great Design of a Nurse is, to help those who cannot help themselves ; but that this is to be done by one who suffers herself to lose her Senses, is not easy to be comprehended. A sick Person needs great Attendance, and not only so, but an Attendance nicely and tenderly managed ; the Sight of a Woman half-fuddled, the View of her aukward and unaccountable Management, disturbs and distresses the Patient, to whom her Care, and proper Discharge of her Duty should give Relief. Besides, in the Administration of Medicines, great Circumspection is always necessary ; and a Woman is certainly incapable of discharging her Duty in that respect, when her Understanding is at all clouded by the Fumes of Liquor. She then mistakes the Quantities and Qualities of Things, gives a Liniment, perhaps, for an Elixir, or an Opiat for a Cordial, which the sick Person either takes, and so perhaps is destroyed, or has Sense enough to refuse it ; and then he loses the Benefit of the Medicine he should have taken. Add to all this, that there are many Cases, in which the Prudence, the Address, the Diligence, the Experience, and the Dexterity of the Nurse, may contribute full as much,

much, if not more, to the sick Person's Cure, than the Skill of the Apothecary. Upon the whole, I look upon Sobriety to be the capital Point, in regard to this Character; and I cannot help supposing, that there must be a Want not of Care only, but of Affection, where a sick Person is committed to the Charge of one, who is guilty of this Failing. If, therefore, there was no other Motive to Caution in this respect, than Regard for one's Reputation, this alone ought to have great Weight, this alone should prompt us to the strictest Enquiries, as to the essential Part of a Nurse's Character, who was to be entrusted with a sick Patient, Relation or Friend.

There is one Case more, I think myself bound in Duty to mention, and that is in reference to a publick Nurse, I mean one employed in an Hospital, Infirmary, or Charity-School. It is not only a Failing in such a one to be given to Tippling, but a capital Fault, and it not only endangers the sick Persons under her Charge, but the Reputation also of such as direct those Charities. It is not enough that such a Nurse abstains from downright Drunkenness, it is absolutely requisite, that she should entirely refrain from drinking Drams at all; and this for many Reasons. First, because they ought not to be in the Way of the Sick; for, if they are inclined to Drinking, the very Sight of them is a Temptation; and if they are not, the very smell of them gives Distaste. In the next place, this Practice obliges either the Patients themselves, or such

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Relations and Friends as visit them, to gratify the Nurse's Propensity this Way, at an unreasonable and unjust Expence; from whence arises a Partiality in favour of such as least deserve it, and a Neglect of such as are the truest Objects of Charity. Thirdly, this Custom is exceedingly dangerous, as we know by Experience, that no Evil is more infectious. A poor Creature, who perhaps never drank a Dram before, is drawn into this Vice through Fear or Complaisance, and so contracts a worse Disease in the Hospital, than that for which she went thither. It would be no difficult Task to assign many more Reasons for discouraging so infamous a Practice, but that they are so obvious in themselves, and must strike every considerate Person so strongly, that the bare mention of the Case is sufficient to place it in a Light full enough to create Abhorrence, and to put all such as have any Hand in the Direction of these Places, upon extinguishing an Evil which has been so loudly, so generally, and so justly complained of; and to which, notwithstanding, I have great Reason to believe no effectual Remedy has been yet applied. If it should be demanded what I take to be an effectual Remedy, the Answer is short and easy; a direct Prohibition of all spirituous Liquors in such Places, on any Pretence whatever. This, and this only, can be called an effectual Remedy, nor will it ever prove so, if there be the least Connivance shewn, or any Tendernefs discovered in favour of particular Persons.

If

If a Widow.] I have now done with this Part of my Subject, and shall next proceed to a few Observations on the Case of Widowhood, in which we frequently meet with too much ground for Reproof upon this Head; but as I have already taken up a good deal of Time, in bringing these Reflections home to many sorts of People, I shall be the more concise in what I have to say, as to this Part of the Sex; of which, however, I think myself under the greater Obligation to take some Notice, because their good Example is not only of great Consequence to Society, but their Errors, in this respect, frequently defeat all the Care of an industrious, prudent and affectionate Husband, and bring his Family, in spite of all his Diligence and Care for their Welfare, into extreme Distress; so that, perhaps, there is not any Character, in which this Vice does greater or more terrible Mischiefs than in this, though, for want of duly considering, People are apt to think it the Case, in which it is most excusable.

In the first place, I think it not expedient only, but requisite to take Notice previously, of the Nature of Female Power in this Character, where, without doubt, it is at the highest. A single Woman has few Subjects, a married Woman is a Subject herself; but a Widow is frequently a Sovereign, and that in a very ample and absolute Degree; and therefore, we need not wonder that in this Station it is that Women raise or sink themselves most: The proper, I will not say the
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peculiar, Virtues of Widowhood, are Prudence, Oeconomy, and Decorum; it is supposed, that such a Person has acquired such a Knowledge of the World, as to set her above many of those Temptations, which are most dangerous to her Sex in other Scenes of Life; from the same Principle we infer, that she is most capable of governing a Family, because she is free from many Restraints she was under in the Life-time of her Husband; and which, perhaps, in many Instances, obliged her to act in Opposition to her own Sentiments, that she might preserve the Peace of her Family, and not be wanting in her Duty to her Spouse; for I conceive, however it may be exploded in the State, there is a kind of passive Obedience necessary in private Life, provided the Master of the Family does not carry his Authority to an intollerable Height. Decorum is particularly necessary; first, as she is a single Woman, and entirely accountable for her own Conduct; and next, as she stands in a fuller Light than other single Women do; and justly claims a larger Share of Reverence and Respect. These Particulars being premised, we will go on in our accustomed Manner.

The Widow of a Person of Distinction, who has the Care of a great Family, and the Management of a large Estate, is certainly a Person of very elevated Rank, and the Rectitude of her Conduct of great Consequence to Society; upon her depends the Education of her Children, and of Consequence, the Hopes and Fortune of a considerable Number of People, I might say of

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Families; for wherever her Daughters marry, it is at least five to one that they pursue exactly their Mother's Maxims. We have seen many Instances, and much for the Honour of the Sex it is that we have seen them, of Ladies who have restored the Credit of noble Houses, and retrieved ruined Estates by a wise and frugal Management. I could mention a Countess of *Devonshire*, who was a most illustrious Example of this important Truth, but that it would lead me into a Digression of too great a Length. Now, as a Conduct of this Nature requires not only great and shining Qualities of the Mind, but a constant, equal, and vigorous Application of them; so it is most evident, that the least Tincture of such a Vice cannot but destroy all the Faculties necessary to the establishing such a Character: The least Slip of this Kind, is not to be concealed; and whatever Pains may be taken to confine the Knowledge of it only to a favourite Maid, or a Housekeeper, in great Confidence, yet it soon becomes known to the whole Family, and then there is an End of all that real Deference they formerly had for her Ladyship; her Servants and Dependants may, and very probably will, keep up a stiff, formal, ceremonious Respect; but this is quite another Thing from that natural Awe and Veneration, which would have been implanted by a different Conduct: A few Slips of this Nature destroy even the good Sense of the Person who falls into them, lay her open to the Intrigues of the worst Part of her Servants, and deprive her instantly of that Dominion, which she might otherwise have enjoyed

joyed to her Life's End ; for it is with Power in this respect, as in all others, we must exercise it properly, if we would enjoy it for any Length of Time.

But suppose a Widow left in Circumstances that are less fortunate ; suppose her Husband to have been good-natur'd to a Fault, or extravagant beyond the Reach of Advice ; what then must be the Case of his Widow, if she has recourse to the Comforts of the Bottle in such Circumstances ? Instead of that Strength of Understanding, that quick Penetration, that steady Attention, which are all necessary to piece together a broken Fortune, and to keep a disordered Family from sinking into Destruction, there ensues a stupid Coldness, a dull, listless Indolence, or a Hurry that begets Mistakes, and a Hastiness that throws all Things into Confusion, according as the Woman is of a phlegmatic or a choleric Temper ; her Children, and what other Dependants she has, if they have any Discretion, will see her Incapacity to govern them or manage for herself, and this will lead them to trace out and pursue separate Interests ; and which is worse, if she complains of them to her Relations, will furnish them with the Means of justifying their own Conduct at the Expence of her's : If it happen otherwise, her Children, as well as herself, pay dearly for her Indiscretion ; and the Planks of their shatter'd Fortune being consumed, which Industry and a right Turn of Mind might have gathered up and pieced so, as to have preserved them at least a narrow Subsistence, they are reduced either to

downright Indigence, or to what is nearly as great a Misfortune to Persons of any Sense and Spirit, a State of low and servile Dependance. How sad and comfortless a Prospect has such a Woman ! Contempt abroad, and Misery at home, with this additional Anguish, that as her Children ripen in Parts, and grow in Understanding, they must become daily more sensible of the little Obligation they have to her for her Conduct, and the great Share she has had in bringing them all into this Distress.

We will now vary the Scene a little more, by stating the Case of a Widow left in Business, in which her Husband got a handsome Living, and perhaps left her something besides, independent of Trade. How easy, how happy, how satisfied might such a Woman be, if she knew how to make a right Use of these Advantages ? Such a Use, as an hundred several Examples might prove, is in the Power of Female Sagacity to make. Let her but once take, and that not in the most excessive Degree, to this Habit of keeping up the Spirits, as it is called, and there is an End of Management, Frugality, and the right Distribution of her Business. Her Servants grow upon her, Customers fall off, and very probably her Children prove undutiful and disobedient. These Misfortunes, instead of making her think, instead of engaging her to quit that idle Custom, which is the sole, though secret Source of them, prompts her to a more frequent Use of what she takes, to be an Antidote against Care, till by running into the very Extremity

tremity of the Vice, she not only absolutely destroys her Substance, but entirely ruins her Reputation, and loses at last not barely her Subsistence, but in a great Measure, all that Title to Compassion, which otherwise springs from extreme Distress.

I shall cite but one Case more. Let it be that of a Clergyman's or Officer's Widow, that lives upon a little Pension, or Annuity, derived some how or other from the Public. Such a Person has need of all the Thriftiness and Circumspection, of which her Sex is capable, to make any tolerable Figure on so scanty a Provision; and therefore, it is not only fit, but it is absolutely necessary, that she should avoid this Vice, if she would escape Shame and Penury, and which, to a Woman of true Virtue and sound Sense, may prove, perhaps, a more affecting Circumstance, if she would secure from Injury and unjust Reflections the Memory of that worthy Person she has outlived. How decent, how honourable, how shining a Character does a Woman bear even in these Circumstances, who makes the best Figure in them they will admit! Who, instead of being troublesome to her own, or to her Husband's Relations, lives in a State of Independance, and visits them as in his Life-time, not to ask Favours, but to pay that Respect which the Laws of Civility require; who employs her Time and her Thoughts, in making a little go far, by applying it right; who avoids an inconvenient Expence in Apparel, by a wise Continuance of that Mourning which Custom would allow

allow her to lay aside ; who, instead of affecting that Shew which she has it not in her Power to support, contents herself with that Neatness which is infinitely more becoming ; who sacrifices to the Situation she is in, all the aspiring Thoughts she might formerly have had ; who maintains Respect without Riches, and adorns an innocent Poverty, by the Sanctity of her Manners. How incompatible with this, is the least Inclination to that Practice, which we have been endeavouring to explode ; and how base, how mischievous, must that Practice be, which can only serve to destroy the Advantages derived from good Fortune, and to heighten Mischiefs that result from ill ? I am very sensible, that as many other Cases might be added, so a Multitude of new, perhaps, of stronger Turns, might be given to every Instance I have mentioned ; but let me have Leave to observe, that even these Omissions serve my Purpose, in as much as they demonstrate what an inexhaustible Fund for Reflection, the Consequences of this Vice afford, and how plainly it appears from hence, that instead of heightning or exaggerating the Truth, I have, after such an Expenditure of Time and Pains, left as much, or more, to be discovered by the Reader, than I have suggested in this Book. This single Remark is more than sufficient to demonstrate the Necessity and Usefulness of such a Treatise, and to silence all the Objections that can be made to it, by such as would practice this Folly unreprieved.

After having run through, as it were, the History of this Vice, and described its Effects in almost

almost every Character, there remains a very large Part of my Task to be performed, which is the setting forth those Considerations fitted to deter Persons hitherto untainted with this Vice, from ever giving way to it, and pointing out the properest Means to such as have sunk into the Mire, to recover and extricate themselves. When this is accomplished, I shall think my Undertaking thoroughly performed, and shall commit these Reflections to the sole Assistance, Ladies, of your natural and affecting Eloquence ; which, I flatter myself, will give them such an additional Force, as may serve to repel this triumphant Mischief, restore the Honour of the Sex, revive a just Spirit of Industry, Temperance, and Frugality, and preserve the rising Generation from being undone before they grow up, by a loose Education, joined to worse Examples.

You will, I dare say, agree with me, that nothing ought to be a better Preservative against the first Temptations to Sipping, than the Remembrance, that in this one Vice all others are included. A Person may be hasty and passionate, yet, in all other Respects, have an amiable Character ; nay, I will go further, and own that a Person may want OEconomy, and yet deserve rather Pity than Resentment ; but to want Sobriety, is to want every other Virtue, and to be capable of any Vice. I will not dispute, that a Woman who drinks, may, when she is sober, be chaste in her Body, honest in her Thoughts, and upright in her Disposition ; though by a Habit of Drinking, all these will, in a short Time, be lost. Nay,
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even while they are seemingly in a Woman's Possession, they are of very little Value, and at best; but a Kind of equivocal Virtues, which she can hardly tell whether she has or not.

Chastity.] To begin with Chastity. This undoubtedly consists partly in the Purity of the Mind, and partly in the Security of the Body; now it is certain, that a Woman may be so intoxicated as to lose both the one and the other, without any Act of her Will, and so become dishonest in this Respect, without intending it. The celebrated *French Writer, Montaigne*, gives us an extraordinary Instance of this, which happened in the Country-Town where he lived, and which, I must confess, is the most remarkable one I ever met with. A Farmer who was in pretty good Circumstances died, and left all he had to his Widow, a Woman of Forty-five; she had a general good Character, understood Country-Business perfectly, was active and industrious, so that in a Year's Time, instead of running out, she had considerably increased her little Fortune, and, from her Prudence and good Management, was esteemed the best Housewife in the Parish: This Woman, all of a sudden, found the usual Inconveniencies that attend Breeding, but as she was not conscious to herself of having done any thing that could bring her into that Condition, she imagined, as she very well might, that these Symptoms were the Effect of some other Disorder; but as she had been the Mother of several Children, though none of them were living, she

she, in the Course of a few Weeks, was convinced of a Mistake, and that without all Doubt she was was with Child. As she grew big, her Neighbours took Notice of it, and then the Parson interposed, gave her a great deal of good Advice, laboured to shew her the Folly of insisting as she did, that she knew not how she came into that Condition, and proposed to her as the only Satisfaction in her Power, that of repairing her Fault by Marriage. The poor Woman was almost at her Wits-end, she saw the Justice of the Exhortation, yet at the same Time knew not how to comply with it; but at last, when she grew near her Time, she resolved, if possible, to find a Father for her Child: In order to this, she employ'd the Cryer to go about the Town, and make open Proclamation, that if the Person would disclose himself, she would marry him, let his Condition be what it would. The Truth then came out, a young Fellow that kept her Cows, confess'd, that his Mistress coming home a little warm from a Country-Feast, fell asleep in the Chimney-corner, and that to this Accident she owed, with his Help, her great Belly. The Woman kept her Word, married the Man, and lived very happily with him, but thenceforward never tasted a Drop of any Thing strong to the Day of her Death. The Veracity of my Author is a Point so well established, that I believe no Body, acquainted with his Writings, can entertain the least Doubt of the Truth of a Fact, which he relates of his own Knowledge.

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You will conceive much better than I, and consequently comment more effectually, on the Grief, Distraction, Shame, Anxiety, and Confusion of this poor Woman, all brought upon her by her drinking, perhaps, a single Glass too much. You will from hence observe, that whatever the Carriage of a Woman may be in other Respects, a Propensity to this Failing, or even a Want of Resolution to avoid it, lays her open to the Attack of the most brutal Part of the other Sex, and deprives her at the same Time of that Modesty which is the natural Guard of her own. You will expose the extreme Folly of venturing upon such a Situation, as must leave it out of a Woman's Power to be honest if she would, and you will take Notice of that Malignity that reigns throughout the World, and inclines the Generality of People always to think and speak the worst.

I cannot help observing that in point of Justice, this Failing puts a Person entirely off their Guard. The Love of Liquor must be attended with a Desire of coming at it; and hence we see many, who would scorn a base Action of another Kind, that cannot resist the Temptation of being busy with a Bottle of what they like, if it comes in their Way; add to this another Mischief that such People, however just in their own Intentions, are liable to be made the Tools of another's Dishonesty, and then it is equally shameful to own the Crime, or to avow the Excuse. I might go on to the dangerous Starts of Passion, that are induced by the slightest Use of Liqueurs, especially

cially such as are Spirituous. I might also enumerate other ill Qualities, such as Idleness, Lying, Tale-bearing, and a Multitude of Descendants besides, that are quickly propagated by this Vice, but that it is needless, and possibly might seem tedious; for which Reason I pass them by, with this Reflection only, that there must be something strangely black in a Vice, which, after having employed my Pen through so many Pages, leaves me under a Necessity of making this Apology for not saying more.

I must recommend it to you, Ladies, to insist warmly upon this Topick, and to make it evident to every Understanding, that this is not as they apprehended a single Vice, but a Gate-Way to them all; and that a Woman who hath been once wilfully overtaken, has no right to value herself upon one good Quality afterwards, for this plain Reason, that it is owing only to a lucky Accident, that she has it still in her Possession, she wilfully run the Hazard which she escaped by Chance. This Subject thoroughly dwelt on, must alarm every Person who has a Spark of generous Principles, a true Sense of Virtue, or the least Regard for Reputation. It will also quicken such as have any Portion of Vanity, any Delight in Praise, any Ambition of rising above their present Circumstances, and are desirous of shaking off any Load imposed upon them by ill Fortune. The timid, bashful, and suspicious Part of the Fair Sex, may likewise be put into a proper Posture of Defence by such Suggestions, and it is without Question, lawful to arm and discipline

the Passions in the Cause of Virtue, and to excite them to combat against each other, for its more effectual Preservation. In short we are justified, if the thing were possible to exaggerate a little in such a Case, nay even to heighten Circumstances a little beyond Nature, to serve so good a Purpose. But alas! the Thing is not to be done, the quickest Wit cannot reach, the sharpest Penetration cannot discover, the most copious Eloquence can never express, the Dangers, Inconveniencies and Mischiefs that swell the Train of this destructive Monster. There is hardly an Evil in the World, which is not derived from, or increased, by this unfortunate Propensity to Drinking; the Children, that are starving about the Streets, suffer for their Parents Failings; the unhappy Creatures that croud our Work-Houses, are there punished for their own Faults; turn your Eyes where you will, if Want, Misery or Pain strike them, a little Enquiry will lead you to this Source; and therefore, Ladies, when you discant upon this Subject in your Instructions to a young Woman, about to enter the World, you will engage her to run over in her Mind a few of these Consequences, whenever she is invited to pass an Afternoon in the Country, I mean at a Publick House, to visit any of our Suburb Fairs, to make one in a Party to *Vaux-Hall*, to partake of the Pleasures of a riotous Christening, or to taste in private a Dram.

Discourses of the same sort, with proper Variations, according to the Circumstances, Age and Quality of the Person, must be used, in
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order to reclaim any who have fallen unawares into this pernicious Custom; the best Way to break them of it effectually, is to shew the Injury it does to their Interest and Reputation, as well as to their Health. To do this effectually, it will be requisite to make a Collection of remarkable Histories of the bad Effects of Drinking, and these as near as may be, within the Compass of their own Knowledge, (and here and there) but it must be judiciously done of their own Companions; and as on the one hand their Distresses and Distractions must be truly and warmly represented, so on the other hand, all imaginable Justice must be done to whatever good Qualities they had, and much Pains taken to demonstrate, that nothing but this Failing, and their persisting in it, could have made or kept them unhappy. When once an Impression is made, and they begin to shew Signs of Amendment, they must be encouraged by every Method that can be thought of, but especially by having extraordinary Respect paid them; for, as on the falling into that Vice, People are commonly treated with Contempt, so nothing strikes them sooner, or more agreeably, than an Alteration of Behaviour in this respect; and I have actually known an Instance in a great Family, where a Woman upwards of Thirty was effectually cured, by being removed from the House-keeper's to my Lady's Table. They should also be restored to Trust, first with respect to Goods, then Money, and last of all Liquors, which will
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be the utmost Test of their having conquered this Failing.

In order to act more successfully in bringing back such as have strayed in this Way, Care must be had to find out the original Cause of Drinking, for in this respect it is often found to be a true Specie of Madness, where the Cause being removed, the Effect certainly ceases. Some are drawn into it by Company, and can be sober for a Month together, if they are not seduced. With these, free and sharp Reasoning may be used, but at the same Time they should be preserved, as much as possible, from falling into the Way of Temptation, but the latter Part of this Advice is to be pursued secretly ; because, as this Vice strengthens by Practice, so the contrary Virtue may be also rendered a Habit ; and if a Person who was wont to transgress once a Month, can be kept sober for Eight or Nine, he will keep himself sober the Tenth ; and besides in that Space, abundance of Accidents happen, which perhaps, render all such Precautions needless for the future. Another Cause is, Idleness, those who have Occasion to do little, have no Inclination to do what they ought. The properest Remedy for this, is, substituting some Employment that may please, for I believe there are few Minds so abominably soft, as not to be struck with an Inclination for some kind of Business, or for some sort of Diversion. Reading, if they can be brought to it, is the best Cure of all : In order to effect this, they should be suffered to dip into Books of all sorts, by which their Genius
may

may be caught, contrary to all Expectation. I knew a Gentleman that cured his Sister, by furnishing her with Romances; for there is this peculiar in Books, that the grave and the gay, the serious and the comic, are all full of Dissuaves from this Vice; and if a Woman has a Mind to be either learned in her Way, or to affect the Heroine or Coquet, she must leave off Tipling of course. When a Habit of Reading is well fixed, there is nothing easier than to help a bad Taste, and to bring People from reading trivial, to the perusal of valuable Authors. The Gentleman I have mentioned, began with *Parthenissa*, which he pretended to borrow for his Sister; and when he found her once entered in the Book, he affected a Hurry to return it, which obliged her to read quick, and this gave quite a new Turn to her Thoughts; she then read *Cleopatra* and *Almabide*, from whence her Brother led her insensibly to the little Romance of *Heliodorus*, and thence to *Telemachus*, which perfected the Cure, and gave her a Relish of true Wit, mixed with moral Reflections.

It may be not amiss to try also several sorts of Works, Painting, Japanning, Colouring of Prints, or whatever else will fix the Attention, and take off that Inclination for Indolence, which made Way for the other Vice; and when any Progress is made in this Method, all sorts of Encouragements are to be used, every little Performance must be commended, and many ingenious Artifices contrived to engage such a Person in the Pursuit of her new Plan, till Time, Custom,

Custom, and the Love of Praise, have entirely worn out former Habits. But if Attempts of this sort should fail, Recourse may be had to Company, of such especially as have an Aversion to this Practice; for it is observable, that as there is a natural Bashfulness in Youth, so there is an innate Modesty in the Sex, which will not allow them to do that in Company, which would be sure to render them odious or disagreeable. Permit me also to hint another Help in this Case, which must however be used with great Caution, and that is reprehending some Servant in the Family very severely for this Failing, before them. Such chiding, as it were by Reflection, is infinitely stronger and more effectual, than any direct Reproof can be, because it is not accompanied with Shame or Remorse, and a Way may be found to draw the very Person, who is aimed at, to join in the Rebuke, which will have two happy Consequences; first, obliging her to consider the thing more closely and attentively, than perhaps she had done before; and secondly, laying a great Restraint upon her, for fear the guilty Person should endeavour to make Reprisals, and attempt to justify herself, by remarking upon her Conduct.

Another Cause of this Failing, and which principally deserves Pity is, when People fall into it through Grief, and drink not from any liking that they have to that pernicious Custom, but to keep uneasy Thoughts out of their Minds. Here the first Step should be removing the Source of their Grief, whatever it be; the next, putting

putting all Opportunities of Tipling out of their Way, and where it is necessary, removing such from about them, as may have first taught, or occasionally complied with them in this Way of drowning their Cares. It must be always observed that gentle Methods do best, and that harsh and severe Usage can only be justified by Things coming to Extremities, which rarely happen, if softer Means are timely and judiciously applied; nor are we to think it a Hardship to employ so much Time and Pains in Cures of this sort; there is something very noble and generous in relieving the Distresses of our Fellow-Creatures, and it is apparently the most excellent kind of Charity, and consequently the highest Act of our most Holy Religion, to deliver the Minds of our Fellow-Christians from the Slavery of Vice, and from such Infirmities, as have a natural Tendency to render them miserable both here and hereafter.

The last Fountain of this Mischief that I shall take Notice of, is the lowest and least reclaimable, and that is an absolute Love of Liquor, or downright Propensity to Sottishness; which, I believe, is very rarely natural, but rather the Effect of Habit, and of a vile Custom, strengthened into a second Nature. In respect to this, I doubt only violent Remedies can be used. They tell us, that a good honest *Swiss* Priest, being continually plagued in Confessions, with repeated Acts of Drunkenness, and not knowing well what to say to his Penitents, from his having no right Idea of the Crime, resolved out of pure Charity for once

on being drunk himself ; he did so, but was so excessively sick, and so torn with an inveterate Head-ach, that the next Time a Person confessed this Crime to him, he told him, he thought that the severest Penance he could impose was to get drunk again. To be sure, where this Love of Liquor prevails, it is a most difficult thing to do any good ; but, however, we are not to despair, but to lay hold of any Occasion that may offer to work a Reformation even in this Case, which may be sometimes done, by obliging them to undergo some rough and disagreeable Operations in Physick, in order to prevent the Effects of their Folly. We may in such Circumstances suffer them to feel, even in its utmost Severity, the Effects of their Weakness ; but then this is never to be push'd too far ; we are to remember, that if Punishment be not with a View to Amendment, it is Cruelty, and not to be justified on any Principles either of Reason or Religion. If, therefore, these Methods, rough and disagreeable as they are, should have no Effect, they are to be forborn ; and Confinement and an absolute Refusal of every thing strong is to take Place, till such time as Sobriety is become habitual, and there is good Ground to believe, that the Patient may be safely trusted with herself ; and when once we take this Resolution, all the kindest and fairest Usage is necessary to prevent a Relapse. Yet we are not immediately to despair, even if this should happen, for though in Morality, as well as Physick, it is harder to overcome a Relapse, than an original Disease, yet in some Cases, and even where there

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is a bad Constitution, the Skill and Care of the Physician may overcome both, and the Difficulty of succeeding, instead of discouraging, ought to excite us to a double Degree of Diligence. The first Step in the second Cure, is to convince the Patient of her own Danger; and when this has been done by a Series of sound, but gentle and moderate Reproofs, we are then to resume the former Methods, but with Consent, that is to say, we are to engage the Patient to comply with such Restraints, from her Consciousness of her own Condition, and of the Miseries that must attend it. We must content ourselves with the Pursuit of the like Methods for a second and a third Time, always increasing the Severity of the Discipline, upon the Repetition of the Offence, till, by the Length of Abstinence, we at last break the Habit, and by continued Exhortations, under this Course of a forced Sobriety, bring the Will, by degrees, to a Concurrence with our Design. There is indeed not only Abundance of Patience, but much Time and Labour necessary to go through these Operations, but withal there are great Alleviations. The Sense of doing our Duty is not a small one, the Improvement of our own Judgment, and the Exercise of our own Virtue is still a greater, and the Thoughts of restoring Health to the corrupted Mind of a Fellow-Creature, and a Fellow-Christian, is the greatest of all. These are not mere Words, or rhetorical Flourishes, but Observations founded in Fact, and such as every one must feel, who hath the requisite de-

gree of Prudence and Patience, necessary to go through such a Work.

I shall conclude this long Epistle, with most earnestly exhorting you, Ladies, not only to avoid constantly whatever may precipitate you into such an Error in your own Conducts, but also to exert all your Influence, all your Authority, in order to repress and discourage it in others. If you are Mistresses of great Families (or where there are many Servants) let this Vice be punished by your Power, as much as it is discountenanced by your Example; let the necessary Precautions be taken to keep strong Liquors out of the Way of some, and the frequent Use of them forbid; and where this will not do, punished without Prejudice or Favour in all. Be pleased to reflect how much depends upon your Care in this particular; first, the Order and Peace of your Family, which can never be preserved long, if any such Practice is permitted, Quarrels always treading on the Heels of Tipling; secondly, the Danger of a bad Example, if you are regardless of your Chamber-Maid's sipping, she may teach it your Daughter, and thus your Negligence, or the Want of Tenderneſs for another Woman's Child, may prove the Ruin of your own; lastly, your Reputation is concerned, for if the Contagion of Drinking once spreads itself in a House, the Lady of it cannot escape Censure, and which is much worse, cannot but deserve it.

If you are Mothers, and in what Circumstance soever, be particularly careful to fortify your Children,

dren, but especially your Daughters, against this prevailing Vice while they are very young ; vigorously exert your Authority ; let them know that the bare tasting of a Dram will draw upon them the utmost Weight of your Displeasure ; inculcate in them, as they grow up, the Reasons of so severe a Prohibition ; shew them the Idleness and Folly, explain to them the extreme Danger of such a Practice ; and make them conceive that Liquor is a more fatal Poison, than Ratsbane, or Opium ; these can only effect the Body, that infatuates the Mind ; these destroy Life, but that endangers the Soul ; in respect to these, we have only to guard against our Enemies, whereas we are most in danger of that amongst our Friends. .

What shall I say more ! Upon the Eradication of this now no less epidemick, than scandalous Vice, depends the Restoration of Female Power, as upon that I have demonstrated to you, depends the Happiness of Mankind. The Sobriety of Women, I mean, a strict and universal Sobriety, must have a greater Effect in the Reformation of Manners, than all the Laws which the wisest Senate can enact. These we obey with Reluctance, but the Example of Women has a Force infinitely greater, and yet it is a Force that we take a Pleasure to feel. Consider, Ladies, that notwithstanding all the boasted Superiority of our Sex, we are in reality your Subjects from the Cradle to the Grave. The Impressions of the Nursery, are the most effectual Parts of our Education ; we retain like Bowls to the very End of our Course, the Bias which in the Beginning we receive

receive from you. When our Education is perfected, what is it but Pedantry without Politeness? And what is Politeness, but the Art of being agreeable to Women? Use then that just, that pleasing, and withal that mighty Authority, which you derive from Nature, which is confirmed to you by Custom, and which never can be taken away but by yourselves: Use this, I say, in the Support of Virtue, publick Spirit, and Religion: Use it steadily, and there is no doubt that a speedy and effectual Reformation must ensue. For remember, Ladies, that *Libertinism* prevails, *as it is a Fashion*; and, that you are absolute *Mistresses of Fashions*, all the World must allow. If, therefore, this Treatise can have any Degree of Weight with you; if it can engage you in vigorously pursuing the Maxims laid down therein, it will effectually answer its End; it will support your true Interest, and restore your Sex to that Splendor, in which Nature, by the Gift of so many amiable Qualities, plainly shews her Intention it should shine, and at the same Time it will crown the humble Endeavours of him, whose utmost Ambition it is to appear

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and devoted humble Servant.

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